



CellPhone Safety

Smart, Safe Cellphone User Guidelines

EMF Personal Protection in the Age of Wireless Technology

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Smarter Cellphone Users

We live in an invisible sea of electromagnetic radiation. Subtle energy fields constantly swirl around and through our bodies, whether we are aware of them or not.

Electric and magnetic fields (EMF), also known as electromagnetic radiation (EMR), are the invisible forces that surround any electrical device that is plugged in and turned on. The term EMF is also now used to describe the radio frequency transmissions (RF) that are emitted by each one of the numerous devices using wireless technology. One of today's most prevalent and invasive forms of exposure to electromagnetic fields comes from a device most of us would not know how to live without, our cell phones.

As hundreds of European studies pour in showing cell phone EMF's implication in DNA damage, cell membrane rupture, disruptions in normal cell function and division, we in America are being told that impact studies of cellphones are "inconclusive". Far from considering these studies inconclusive, the **World Health Organization's declared in 2011 that EMF (particularly from cellphones) is now classified as a Class 2 Carcinogen** (cancer causer), spurring a flurry of cellphone safety legislation abroad. The frustrating lack of response from many US health organizations has sparked a movement of concerned cell phone users, and those who have already been diagnosed with life threatening diseases and cancerous tumors or a new debilitating illness euphemistically called Electrosensitivity, for more user self-care information.

Despite the lack of action regarding EMF and cell phone radiation all of the experts seem to agree that the doses of radiation we are receiving daily are cumulative, adding up over time. This means that if it were to be found 10,000 hours of cell phone exposure at normal EMF levels would give 100% of users a tumor, that the results would look "inconclusive" until each user hit the 10,000 hour mark. This is the same card that was played by the tobacco industry for nearly a century after the public began wondering about the negative impact smoking seemed to have on human health.

Let's give a quick nod to what our common sense tells us. Recent studies already show that EMFs (from cell phone radiation) actually heats the tissue near the ear, jaw, and cranium within 30 seconds while a user is holding it in normal speaking position. This is the same energy, frequency range, and type of heat used in microwave ovens, which can boil water in about minute since it is more concentrated due to its containment and high power level.

Common sense says that if concentrated microwave radiation can boil water in a minute, we probably should not hold a device that emits any radiation next to our most valuable asset - our brain - knowing that it is composed mainly of water.

Common sense also tells us not to under estimate the impact of the explosive proliferation of cell phone and wireless technology in recent years, and with it the continual, ever increasing amount of EMF radiation we are being bombarded with.

Safer Cellphone Use

Even though we know or suspect the dangers of cell phone use our dilemma is *what do we do about it?* Our cellphones are simply too integrated into our everyday lives to abandon completely, so we must at least take the basic precautions to protect ourselves from known and yet-unknown damage.

The Basic Guidelines for Smart Cellphone User Safety are:

- A. **LIMIT** your personal health risk, get into using safe cell phone habits every time you use your phone. Begin right now by limiting the time you spend on it, and keeping your actual cellphone away from your body as much as possible, both while talking on it AND while carrying it.
- B. **LEARN** the “what / when / where” regarding the safest ways to use your cell phone by understanding how it works and how its EMF affects you .
- C. **LESSEN** your exposure to omnipresent, insidious “ambient EMF” radiation from your phone, other cell phones, cell tower emissions, as well as other wireless technology in your environment.

METHODS FOR PRACTICING SAFE CELLPHONING

LIMIT

Guideline A: Limit your personal health risk, get into using safe cell phone habits every time you use your phone.

Here's How:

1. Begin right this minute by limiting the time you spend on your phone, and by limiting the distance you allow your actual cellphone to be near your body as much as possible, both while talking on it AND while carrying it.
2. DO NOT carry your cellphone in your pocket or on your person unless it is totally OFF. Recent data has shown cell phones carried in pockets causes fertility issues. Similarly, DO NOT carry your cellphone in your bra, as recent data has shown a link to breast cancer. Carrying your cellphone with its back facing away from your body is not enough, neither is carrying it in your purse on your arm. Even improper cell phone shields can increase risk.
3. Turn off your cell phone or keep it as far away as possible from small children; their brains and bodies are 2 - 4 times more susceptible to EMF and cellphone radiation than adults are because of their thinner skull and smaller size. NEVER put a cellphone to a child's ear even for a minute. Studies show it can take only seconds to do cell damage.
4. Text instead of calling whenever possible. This limits your total exposure dramatically.
5. Use a cellphone to headphone wired headset (not wireless or Bluetooth) to create as much distance as possible between you and the actual cellphone radiation emissions.
6. If no headset is available, or if you must walk around while talking, use the cellphone speakerphone and set the phone as far away from you as you can, again, to create as much distance as possible between you and the cellphone.

LEARN

Guideline B: Learn the “what / when / where” regarding the safest ways to use your cell phone by understanding how it works and how its EMF affects you .

Here’s How:

8. Learn how cellphone radiation works and its relation to bones, tissue etc. Buy a cellphone with a low SAR rating (the human body’s Specific Absorption Rate for radiation from a device). See the EMF Experts’ site for the latest Top 10 Safest Cellphones, and hundreds of various other manufacturer’s cellphone SAR ratings.
9. Leave your cellphone in airplane mode - no WiFi connection or cellphone communication, which are 2 different EMF signals. Turn on your WiFi setting only when you need it to access a local internet network, better still leave it off and browse the web on your cable-connected (not WiFi connected) home computer. Similarly, turn on your phone only when you are actually using it - better still, use it only to check messages and call out using a land line.
10. Do not use the phone when you are getting a poor signal (low bars) since phones emit higher amounts of EMF in poor signal areas as they try to boost your power to reach a cell tower signal.
11. Do not place your cellphone to your ear while it is dialing, this is the time your phone is sending out its strongest signals.
12. Do not use the cell phone in an enclosed area such as in a car or elevator. Enclosed spaces cause your phone to ramp up its power.
13. Especially limit the use of PDA type phones (such as Blackberry, iPhone, Treo), which produce higher EMF levels to run their smart phone features.
14. When pregnant and/or with small children nearby avoid using cellphones, cordless phones, microwave ovens, WiFi and other wireless devices entirely, especially baby monitors near baby’s head. Before you get pregnant do an EMF sweep of your home. Studies have shown damage to reproduction of both partners, and the greatest damage to children.

LESSEN

Guideline C: Lessen your exposure to insidious, omnipresent “ambient EMF” radiation from your phone, other cell phones, cell tower emissions, as well as other wireless technology in your environment.

Here’s How:

15. DO NOT sleep with your cellphone in your bedroom. Specifically do not put it near your head (such as in alarm mode). Hours of EMF exposure at cellphone levels reduces your body’s production of melatonin (the sleep hormone) and others, as well as damaging cells and DNA that can lead to cancer and disease.
16. Wherever possible request that visitors to your home or office put their cellphones in airplane mode and turn off their wireless devices (PDAs, wireless headsets, Bluetooth etc).
17. Opt for a land-line wired home phone, rather than a cordless mobile phone in a charging base, and use your wired phone to replace/reduce your cellphone time as much as possible.
18. Be wary of so called “cellphone shields”, which can often only serve to interfere with your phone’s connectivity thus forcing it to power up even farther in order to perform.
19. Locate the nearest cellphone towers where you live and work (as well as near your children’s schools etc), and learn what types and what levels of cellphone radiation and EMF fields you are dealing with (such as 2G, 3G, 4G broadcast, point-to-point, etc). Studies have shown people living near cell towers experience symptoms ranging from fatigue to leukemia. Since towers can often be disguised or unrecognizable refer to the interpretive map of all USA cellphone towers at EMF Experts’ site to easily find yours.
20. Replace your computer WiFi (and/or wireless router), with safer and faster cable-wired internet connection, as well as all wireless mouses, printers etc. Also convert wireless technology TVs that stream from the internet (Netflix movies etc) to wired connections.

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All references to studies and health information mentioned here refer to scientific research posted in more detail at www.EMF-Experts.com, along with EMF Checklists, Book Lists, EMF Protection Products, etc.

Visit the [EMF Experts’ Classroom](#) for more in depth training: *Cellphone Safety for Smart Users*